

WATERLOW PRESSURE ULCER PREVENTION/TREATMENT POLICY

RING SCORES IN TABLE, ADD TOTAL. MORE THAN 1 SCORE/CATEGORY CAN BE USED

BUILD/WEIGHT FOR HEIGHT	◆	SKIN TYPE VISUAL RISK AREAS	◆	SEX	◆	AGE	MALNUTRITION SCREENING TOOL (MST) (Nutrition Vol.15, No.6 1999 - Australia)				
AVERAGE BMI = 20-24.9	0	HEALTHY	0	MALE	1		A - HAS PATIENT LOST WEIGHT RECENTLY YES - GO TO B NO - GO TO C UNSURE - GO TO C AND SCORE 2	B - WEIGHT LOSS SCORE 0.5 - 5kg = 1 5 - 10kg = 2 10 - 15kg = 3 > 15kg = 4 unsure = 2			
ABOVE AVERAGE BMI = 25-29.9	1	TISSUE PAPER	1	FEMALE	2						
OBESE BMI > 30	2	DRY	1	14 - 49	1						
BELOW AVERAGE BMI < 20	3	OEDEMATOUS	1	50 - 64	2						
BMI=Wt(Kg)/Ht (m) ²		CLAMMY, PYREXIA	1	65 - 74	3						
		DISCOLOURED GRADE 1	2	75 - 80	4		C - PATIENT EATING POORLY OR LACK OF APPETITE 'NO' = 0; 'YES' SCORE = 1		NUTRITION SCORE if > 2 refer for nutrition assessment / intervention		
		BROKEN/SPOTS GRADE 2-4	3	81 +	5						
CONTINENCE	◆	MOBILITY	◆	SPECIAL RISKS							
COMPLETE/ CATHETERISED	0	FULLY	0	TISSUE MALNUTRITION	◆	NEUROLOGICAL DEFICIT					◆
URINE INCONT.	1	RESTLESS/FIDGETY	1	TERMINAL CACHEXIA	8	DIABETES, MS, CVA					4-6
FAECAL INCONT.	2	APATHETIC	2	MULTIPLE ORGAN FAILURE	8	MOTOR/SENSORY					4-6
URINARY + FAECAL INCONTINENCE	3	RESTRICTED	3	SINGLE ORGAN FAILURE (RESP, RENAL, CARDIAC,)	5	PARAPLEGIA (MAX OF 6)					4-6
		BEDBOUND	4	PERIPHERAL VASCULAR DISEASE	5	MAJOR SURGERY or TRAUMA					
		e.g. TRACTION CHAIRBOUND	4	ANAEMIA (Hb < 8)	2	ORTHOPAEDIC/SPINAL					5
		e.g. WHEELCHAIR	5	SMOKING	1	ON TABLE > 2 HR#					5
						ON TABLE > 6 HR#					8
				MEDICATION - CYTOTOXICS, LONG TERM/HIGH DOSE STEROIDS, ANTI-INFLAMMATORY MAX OF 4							

Scores can be discounted after 48 hours provided patient is recovering normally

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Obtainable from the Nook, Stoke Road, Henlade TAUNTON TA3 5LX

* The 2005 revision incorporates the research undertaken by Queensland Health.

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